LESSONS MUST BE LEARNED FROM STRIKE, PG5

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metro

OTTAWA • MONDAY, FEBRUARY 2, 2009 metronews.ca

Phelps apologizes for 'behaviour'

STATEMENT Record-breaking Olympic swimmer Michael Phelps issued an apology yesterday after a British newspaper published a photograph purportedly showing him smoking marijuana.

"I engaged in behaviour which was regrettable and demonstrated bad judgment," Phelps, the winner of a record eight gold medals at the Beijing Olympics last year, said in a statement after the News of the World published the photograph.

U.S. officials said the news was disappointing but stressed that smoking marijuana out of competition was not an anti-doping matter at this point.

Phelps, who has never failed a doping test, promised in his statement there would be no repeat of his behaviour. **REUTERS**

Celebrity Buzz pg 14

Restraints filed by Spears' dad

NFL

Super Bowl **XLIII**

- **Marty York breaks down the game, page 7**
- **Halftime recap with The Boss, page 8**
- **Exclusive blogs at metro news.ca**

Transit mechanics back

Limited service next week; fleet 'in surprisingly good shape'

TIM WIECLAWSKI
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For the first time since the strike began, hundreds of OC Transpo mechanics returned to work yesterday, reanimating the fleet and getting ready for a return to service next Monday.

After around 1,000 buses sat idle for almost eight frigid weeks, mechanics were triaging buses to determine a work order.

Many of the buses needed to be boosted just to start. Yesterday morning, nearly 100 buses sat idling around the yard of OC Transpo's St. Laurent garage waiting to be inspected.

Most of the buses will need new batteries and need moisture removed from the air tanks for the brakes, said OC Transpo mechanic Duane Clifton.

If the inspection finds a bus doesn't need any other work, Clifton said it could be out of the garage in less than two hours. They are then taken for a short test drive to ensure they are safe.

If they need repairs, they are put on a list to receive repairs. However, there is still a backlog of repairs that were abandoned when the strike started on Dec. 10, 2008. Clifton said those will need to be cleared before new repairs come in.

"The biggest thing is to get them out and running 100 per cent so they stay out on the road," said Clifton. "We don't want them coming back in a week with minor defects. That won't help us. Our goal is to get the first half out on the road and working properly."

However, the buses are in surprisingly good shape, said mechanic Ray Laplante.

"It's better than what I thought it would be," he said. "A lot of them started this morning just with the boost."

O-Train service will resume this morning, but limited bus service is not scheduled to resume until Feb. 9. Full service is not expected back for several months.

ATU 279 president Andre Cornellier has accused the city of punishing drivers with an unnecessarily long plan for returning to service.

ShareYourViews
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NFL **Super win**

PIERRE DUCHARME/REUTERS

Pittsburgh Steelers quarterback Ben Roethlisberger, right, hands the Vince Lambardi Trophy to teammate Santonio Holmes after their team defeated the Arizona Cardinals to win the NFL's Super Bowl XLIII football game last night in Tampa, Fla. **Coverage, pgs 7,8**

Soldier's body starts return trip home

AFGHANISTAN Sapper Sean Greenfield attracted people with his guitar and won them over with his smile.

It was something he did as a teen at home and as a soldier in Afghanistan.

But those gifts are gone forever.

Sapper Sean Greenfield

The 25-year-old soldier was killed Saturday when the armoured vehicle he was in hit a roadside bomb in western Kandahar province.

He was the 108th Canadian soldier to be killed in Afghanistan since the mission began in 2002 and the 11th soldier killed since December, all in roadside blasts.

Greenfield, a combat engineer, was a member of 24 Field Engineer Squadron, 2 Combat Engineer Regiment from Petawawa, Ont., serving with the 3rd Battalion of the Royal Canadian Regiment Battle Group.

Hundreds of his fellow soldiers stood on the tarmac at Kandahar Airfield last night as his casket was carried onto a military aircraft. His body will be returned to CFB Trenton in coming days.

Christine Labrecque, in Petawawa, said her husband, Ben, and Greenfield shipped out to Afghanistan the same day last September.

"Sean was first a friend and now a hero," said Labrecque.

TORSTAR NEWS SERVICE

Video: The body of Sapper Sean Greenfield begins the journey home at metronews.ca/canada

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Brothers killed in crash identified
Ottawa police have identified the Gatineau brothers who were killed in a collision at Lester and Albion roads Thursday morning. The victims have been identified as Senad Dzinic, 31 and Hakija Dzinic, 25. The collision remains under investigation. METRO OTTAWA

Local

Limit hospital visits: CHEO

The months of January and February form the peak season for viruses. The Children's Hospital of Eastern Ontario is seeking the community's co-operation in reducing patient exposure to a gastro-intestinal virus by restricting visitors to patient units to parents or legal guardians. METRO OTTAWA

Transit riders still 'teed off'

TRACEY TONG
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In one week, some of the city's buses will be back on the road.

But after 55 days without transit, riders here said they aren't willing to just forgive and forget.

If the strike has taught Ryan Wake one thing, it's that there's alternatives to public transit.

The 24-year-old, who usually buys an Ecopass to get to work downtown, plans on giving it up. "As soon as the snow melts, I'm going to start cycling to work," said Wake. "I might keep a sheet of bus tickets for emergencies."

Wake's not alone. "I know one guy who cancelled his pass as soon as the strike started," he said.

"I think, initially, we'll see fewer users. But people will come back. Transit is a practical thing."
David Emmerson

The OC Transpo strike officially ended Thursday evening when Mayor Larry O'Brien, Amalgamated Transit Union international vice-president Randy Graham and ATU 279 president André Cornellier announced that they would send all outstanding issues to binding arbitration.

Despite a sigh of relief heard throughout the city, the buses won't be coming back until Feb. 9, with full service not expected until April at the earliest.

Occasional transit rider Joshua Teasley plans on boycotting the bus. "As immature as it sounds, it's kind of a way of teaching them a lesson," said the 22-year-old, who will favour walking and cabs.

Centretown resident Marika Keliher, 88, said winter was a poor time for the union to strike, and that the city hasn't done a very good job in protecting transit riders, who are "at the bottom of the pile."

The strike has affected seniors, students and the marginally employed the most, said Centretown resident David Emmerson, 59.

"A lot of people are teed off. I think, initially, we'll see fewer users. But people will come back. Transit is a practical thing. It's too expensive to park downtown. It's ridiculous to say that transit isn't essential."

TIM WIECLAWSKI / METRO OTTAWA

Garage attendant Osman Abdi performs a pit inspection on a bus at the OC Transpo garage on St. Laurent Boulevard yesterday morning. Some buses are slated to go back on the road next Monday, with full service returning by early spring.

Black History Month comes at 'unique time'

TRACEY TONG
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The election of U.S. President Barack Obama has added special significance to Black History Month in Ottawa.

Following the election, "people in this community felt a sense of hope and uplifting," said Ketcia Dorsainville, secretary of Black History Ottawa. "A lot of young people feel a sense of hope.

"Someone who looks like them and that they can relate to has been elected to the highest job" in the U.S., said Dorsainville. Because of that, young people "feel a sense of possibility, that they can do anything."

"It's a unique time in Canadian and U.S. history," said Mayor Larry O'Brien, who declared February Black History Month in Ottawa at the Library and Archives of Canada yesterday. "I think it's a special time that will resonate for decades, if not centuries to come."

The opening ceremonies included speeches, performances and the launch of postage stamps honouring Abraham Shadd, the first black man to hold political office in Canada, and Rosemary Brown, the first black woman to be elected to a provincial legislature.

The theme of this year's celebration, The Courage to Make a Difference, doesn't just focus on the contributions of well-known people like Harriet Tubman, Marcus Mosiah Garvey and Nelson Mandela, but community leaders, said Dorsainville.

"History is something everyone can have an interest in," she said. "What we did before sheds light on what's going on today, and gives us new ideas for tomorrow. And that's something everyone can benefit from."

Origins

- February marks Black History Month because it is the birth month of Abraham Lincoln, who passed anti-slavery measures in the U.S., and slavery abolitionist Frederick Douglass.

City getting back on board with free buses

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Only the O-Train is running, but once limited service returns, buses will be free until Feb. 13 and on weekends for the rest of the month.

After that, transit users can use their December passes, or purchase a discounted February pass.

More details on how the city intends to get people back on the buses will be revealed at the city's transit committee meeting on Wednesday.

More information on when full service will resume is also expected at the meeting, but next Monday, only the Transitway, major city routes and school buses will be running. Full service is not expected back for several months.

On Saturday, 95 per cent of striking OC Transpo employees voted in favour of the agreement last Thursday to send all unresolved contract issues to binding arbitration, thus officially ending the strike.

City council had unanimously ratified the agreement at a special council meeting on Friday.

Following that vote, Mayor Larry O'Brien urged transit riders not to take their frustrations out on drivers.

"It is now a time to heal. It is time for the union to come back and work with management. It is time to move forward," he said.

metronews.ca
WHAT'S ONLINE TODAY

Video Michael Ignatieff feels the love from a glowing New York Times profile at **metronews.ca/canada**

Blogs Canadian Soccer Association legend Stephen Hart joins It's Called Football this week at **metronews.ca**

Lotteries

Friday, Jan. 30
Lotto Super 7: 3, 15, 28, 30, 32, 33 & 43 Bonus 25
Saturday, Jan. 31
Lotto 6/49: 14, 15, 20, 28, 34 & 39 Bonus 41
Sunday, Feb. 1
Ontario Pick 3: 9 8 4; **Ontario Pick 4 :** 5 0 0 5
Encore: 8578614;
Daily Keno: 1, 3, 7, 8, 9, 24, 25, 28, 34, 36, 46, 50, 51, 53, 55, 57, 65, 66, 67, 69
These results are not official.

Super Bowl Sunday **Steelers fans rejoice**

TIM WIECLAWSKI / METRO OTTAWA

Arizona Cardinals fan Tim Holmes, from left, looks on despondently as Pittsburgh Steelers fans John Robbins and Keith Godsol cheer on their team on while watching the Super Bowl at Local Heroes on Clyde Avenue last night. The Steelers triumphed 27-23.

News in brief

HEALTH The Children's Hospital of Eastern Ontario is getting up to $4.6 million annually for the next three years to establish the new Ontario Perinatal Surveillance System (OPSS). The OPSS will manage health information collected about maternal-newborn care, conduct maternal-newborn health surveillance and provide recommendations to optimize maternal-newborn care in Ontario. METRO OTTAWA

Winnipeg man dies stranded on lake
A 51-year-old Winnipeg man who was snowmobiling on Lake Winnipeg has died after being stranded on the frozen water for six hours. CBC NEWS ONLINE

Canada

Windsurfing **Not summer yet**

COLIN MCCONNELL/TORSTAR NEWS SERVICE

It was not quite balmy weather, but one Toronto man got an early start on summer yesterday by getting in some windsurfing on a frozen Lake Ontario. The groundhog will tell us today how quickly that summer will come.

Muslim issue at trial

A judge has ordered a Toronto woman to testify without her niqab at a sexual assault trial — raising the thorny issue of whether Muslim women should be allowed to appear as witnesses wearing a veil that covers everything but the eyes.

The issue is a collision of two rights, pitting religious freedom against the right of a defendant to face an accusor in open court.

The case could be precedent setting because it doesn't appear there is any Canadian case law addressing the question of Muslim women in the courtroom.

In Canada, home to about 580,000 Muslims, the case will be closely watched, amid fears about Muslim women coming forward in criminal cases.

In October, Ontario Court Justice Norris Weisman reached his "admittedly difficult decision" to force the complainant to testify with her face bared after finding "the complainant's religious belief is not that strong ... and that it is, as she says, a matter of comfort," he wrote in his Oct. 16 ruling.

Lawyer David Butt is representing the woman and next month in Superior Court will argue that the ruling should be overturned. TORSTAR NEWS SERVICE

U.K. decision

- In the United Kingdom, a panel of judges drafted guidelines in 2007 that said Muslim women should be permitted to wear the niqab, as long as it does not interfere with the administration of justice, according to the Equal Treatment Advisory Committee of Britain's Judicial Studies Board.

News in brief

CRIME Hells Angels member Paul Fontaine was found guilty yesterday in Montreal of killing a prison guard and trying to kill another guard in 1997. Fontaine is expected to appear in court on Feb. 6 to set a sentencing hearing.

FOOD The Canadian Food Inspection Agency has added another 21 products to the growing recall list because the peanuts they contain may have been contaminated with salmonella. Peanut Corp. has recalled more than 430 peanut products it made dating as far back as Jan. 1, 2007.

METRO NEWS SERVICES

Ontario judge lobbying for criminal court relief

JUSTICE The justice system needs a new tier of criminal court judges to sift through documents such as a sexual assault complainant's counselling records or police disciplinary files and determine what should be disclosed to the defence, a judge of the Ontario Court of Appeal suggests.

Assigning the role to a special judicial officer would relieve judges of the often staggering burden of having to read through thousands of documents and allow them more time in the courtroom, said Justice Robert Blair.

Blair was speaking over the weekend as part of an Ontario Bar Association panel on the Charter of Rights and Freedoms and its impact on the law. TORSTAR NEWS SERVICE

Support

- The Criminal Lawyers Association backed the idea.

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Obama's half-brother arrested
A Kenyan half-brother of U.S. President Barack Obama was arrested in Nairobi on suspicion of drug possession. Local media report he was found with two rolls of marijuana, but George Hussein Obama, 27, says it was a "misunderstanding." REUTERS

World/Business

Israel strikes smuggling tunnels

Israel launched a series of air strikes in the Gaza Strip yesterday, targeting a Hamas security complex and tunnels used to smuggle weapons after vowing a "disproportionate" response to cross-border fire.

The aircraft carried out half a dozen strikes after three Israelis were injured by a mortar salvo, including two soldiers and the first Israeli civilian hurt since a Jan. 18 truce ended Israel's 22-day offensive in the coastal enclave.

There were no reported casualties in the air attacks. Five of the strikes targeted tunnels along Gaza's border with Egypt, used to smuggle weapons into the coastal enclave, in a zone known as the Philadelphi corridor.

"The government's position was from the outset that if there is shooting ... there will be a harsh Israeli response that will be disproportionate."
Israeli Prime Minister Ehud Olmert

A further Israeli attack was on a security headquarters in a village in central Gaza that residents said had been vacated after Israel telephoned warnings to Palestinians to leave buildings that housed any weapons.

An Israeli military statement said that "in response to rocket and mortar fire today, the air force has attacked a number of targets in the (Gaza) Strip, including six tunnels and a Hamas position." Hamas said five tunnels had been bombed.

Egypt, with U.S. backing, has been trying to broker a long-term ceasefire that would end Hamas weapons smuggling into Gaza and also lead to a reopening of Gaza border crossings, one of Hamas's main demands.

Israel's renewed air strikes came as its leaders took a hard line against rocket fire from Gaza ahead of a Feb. 10 national election.

About a dozen rockets and mortar bombs were fired from Gaza on Sunday, the Israeli military said. A wing of al-Aqsa Martyrs Brigades, a group belonging to the Fatah faction, claimed responsibility for some of the rockets.

"The government's position was from the outset that if there is shooting at the residents of the south, there will be a harsh Israeli response that will be disproportionate," outgoing Prime Minister Ehud Olmert said at the weekly cabinet meeting. REUTERS

Change stimulus or no support: Republicans

ECONOMY Senior Republican senators warned yesterday their party was unlikely to back U.S. President Barack Obama's economic stimulus bill without changes to cut waste and to ensure the financial package promptly boosts the U.S. economy.

Senate Minority Leader Mitch McConnell said he doubted the economic stimulus bill can pass the Senate in its current form. He said the bill needs to "put lead on the target immediately" with a specific focus on the housing sector and tax relief.

The Senate is expected to consider the Democrats' stimulus bill this week after the House approved a $819 billion US bill last week without Republican support.

REUTERS

South Korea **Development dispute**

REUTERS/JO YONG-HAK

A protester, left, scuffles with riot police during an anti-government rally in central Seoul yesterday. Thousands of people rallied yesterday to denounce President Lee Myung-bak and to mourn for victims who died in a fire at a five-storey building where authorities had moved in to break up a protest. The protesters had occupied the building to demand more compensation to quit the property, scheduled for demolition as part of a major development in the area.

Iran detains women: Supporter

IRAN Iranian police have detained three women's rights activists, the latest in dozens of such arrests over the last few years in the Islamic Republic, a fellow campaigner said yesterday.

They were seized in the mountains north of Tehran on Friday when collecting signatures in support of a campaign seeking changes to legislation which activists say discriminates against women. Iran rejects accusations of bias.

Sussan Tahmasebi, a lead campaign member, said one of those held was accused of spreading propaganda against the state, a common charge against women's rights activists.

She suggested the latest arrests may be a message from the authorities ahead of International Women's Day on March 8. REUTERS

Woman appeals milk sentence

CHINA The former chairwoman of the Sanlu Group, jailed for life and fined 24.7 million yuan ($3.6 million US) over China's melamine-tainted milk scandal in which at least six children died, has appealed her sentence, state media said yesterday.

Tian Wenhua says her trial lacked evidence, her lawyer said. REUTERS

News in brief

INDONESIA Police were holding the head of a Muslim cult on preliminary charges of blasphemy after its leader, Agus Imam Solihin, allegedly proclaimed himself God and held sex orgies and adultery rituals.

IRAQ Prime Minister Nuri al-Maliki's allies in the State of Law coalition look set to sweep victories in provincial polls, even in Shiite areas. REUTERS

Business

Protectionism dominates Davos

Rising protectionism threatens to deepen the economic crisis and a new trade deal is needed more than ever to keep commerce flowing — on that much trade ministers and political leaders are agreed.

But as so often in the politics of international trade, actions — or lack of them — belie words.

Trade ministers meeting on the sidelines of the World Economic Forum at Davos, Switzerland, over the weekend vowed to treat a deal on the World Trade Organization's long-running Doha round as their highest priority.

And they repeated a promise made by leaders of the G20 rich and emerging nations in November not to put up barriers to trade.

But they did not set a target date for the WTO's 153 members to meet to push for a Doha breakthrough, and all the warnings and promises on protectionism are flying in the face of a series of increased duties, reimposed subsidies and non-tariff barriers that have been erected in past months. REUTERS

Doha talks

- The Doha talks were launched in late 2001 to open new trade opportunities and give developing countries a bigger stake in the global trading system, but differences between and among rich and poor countries have prevented a breakthrough.

A little bit of hope may be all it takes for corporations

STOCKS Corporate Canada will likely deliver a wave of dismal earnings reports in coming weeks, but market pros say that could open the door to a stock rally as investors have grown numb to bad news and are ready to pounce on any morsel of optimism.

In an environment where global economies are shedding jobs at an alarming rate, central banks are slashing lending rates and governments are pumping out multibillion-dollar bailout plans, it looks like weak quarterly reports might not be spanked as hard as they once were.

That's welcome news for investors still stinging from the $816 billion that the Toronto Stock Exchange lost last year when the market went into a tailspin.

Overall earnings reports from companies listed on Toronto's blue-chip S&P/TSX 60 index, which includes shares of bank, energy and gold-mining companies, are expected to tumble nearly 24 per cent in the quarter, according to data compiled by Thomson Reuters. REUTERS

Business in brief

DEFICIT China swung into a deficit in 2008 after a huge burst of government spending in the year's final weeks to combat the economic slowdown, the Ministry of Finance revealed in data published yesterday. China closed its books on 2008 with an implied public deficit of about 111 billion yuan.

ENGLAND British Prime Minister Gordon Brown yesterday condemned nationwide wildcat strikes over the use of foreign workers at a time of soaring unemployment, as unions warned the strikes will continue this week and may even escalate.

CAPITAL Rio Tinto is in talks to raise up to $9 billion US from Chinalco, the state-owned Chinese aluminium company that already holds an 11 per cent stake in the debt-laden miner, media reported without citing sources.

REUTERS

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Faith to fight through winter

HineSight

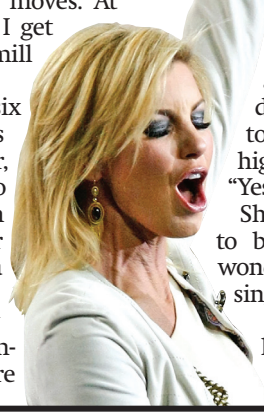
Anne Hines

The midpoint of winter. Halfway between, "I can't believe it's snowing already" and "I can't believe it's snowing still." The stage of winter when we're so desperate and addled we conscript small furry animals to predict the weather.

I'm one of those who find winter particularly difficult. I suffer from SAD — Seasonal Argumentative Disorder. February makes me testy.

For instance, this morning I was at the gym, on the treadmill, singing my tunes. I love my tunes. To me, all of humankind's technological advances were simply leading to that one glorious triumphant moment when someone created the iPod Shuffle.

My partner, Liz, thinks I should alter my mode of singing on the treadmill to either "on key" or, "so every person in the gym doesn't have to listen to you." But really, what could be more delightful than exercising to the sound of me belting out Faith Hill? The problem comes with my accompanying dance moves. At the point I get the treadmill cranked over six kilometres per hour, it's hard to tell if I'm dancing or having a seizure. My fellow gym members are tired of having their workouts interrupted by anxious gym staff trying to clap me with a defibrillator.



Anyway, this morning, I'm singing and dancing on the treadmill, carefree as a groundhog without a TV contract. A fellow gym patron comes over and sort of stands beside me. I begin to think, "Perhaps she wants something. Perhaps I should ask."

I remove my earphones, feeling very sorry for the people around who were no doubt looking forward to hearing me hit the high note ... almost. I say, "Yes?"

She says, "Um, I'm sorry to bother you, but I was wondering if you'd mind not singing quite so loudly."

I think, "Can you believe how rude?"

Now, normally I'm prepared to go to any lengths to make someone else happy.

Unless it's a lot of trouble. But at that moment, I hit the mid-winter-insanity wall. I was in the grips of Seasonal Argumentative Disorder.

Me: Oh dear. You don't like Faith Hill?

FGP: I do … it's just …

Me: Most people like Faith Hill.

FGP: I do … but I like to be quiet and …

Me: I also have John Denver. Would you prefer John Denver?

FGP: No, no …

Me: You prefer Faith Hill.

FGP: Well, yes …

Me: No problem.

I clapped my earphones back on. She's going to love it when I get to Dancing Queen.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

MICHAEL DE ADDER

Views

Lessons must be learned to avoid future strikes

InTransit

John Holmes

It didn't take much in the end.

Like feuding schoolkids, Larry O'Brien and André Cornellier finally had their heads knocked together last Thursday afternoon. The announcement of the end of the strike came at a hastily arranged news conference. It looked more like a humbling apology to the rest of the class.

The role of teacher in this schoolyard spat was played by federal Labour Minister Rona Ambrose. She turned a blind eye for as long as she could, before the threat of back-to-work legislation forced the City Of Ottawa and ATU to agree in five hours to what they couldn't agree to in 51 days. Cynics suggest Barack Obama's visit to class on Feb. 19 was one of the factors that forced her hand.

O'Brien's words at the news conference confirmed neither side was mature enough to sort this out for themselves. He stated it would have been impossible to reach an agreement without the federal threat.

"The federal government of Canada has started the process of back-to-work legislation," he said. "When both parties realized that the end of the strike was inevitable, both parties decided it was time to get back to work."

In Ambrose's statements, she has been somewhat dismissive of both parties' negotiating skills. However, it would be wrong to start relying on federal politicians to settle labour disputes. These were exceptional circumstances, principally because the Ontario government has no jurisdiction over a transit system that runs several routes into Quebec. The gravity of the situation was indicated by the ease with which all parties agreed to pass back-to-work legislation, which, if it had been required, needed unanimous support. The Bloc Québécois and NDP have little history of voting against labour unions. In this case, exceptional work from Ottawa Centre MP Paul Dewar firstly convinced Ambrose to send all issues to arbitration, rather than impose a contract on the drivers. Then he sold the deal to his own NDP caucus.

Above all, it's paramount that a strike like this never happens again. Because of its interprovincial routes, OC Transpo is in a weird legislative position, echoed only by Gatineau's STO (also operating in Ottawa) and Transit Windsor (which runs buses into Detroit). Not only does this leave OC Transpo unaccountable to the province of Ontario, it also exempts the service from various safety regulations. Closing this loophole would be a step in the right direction.

Better procedures are also necessary so the situation in this strike, when days passed without talks, is not repeated. Enforcing daily talks might not be pleasant, but it would commit both sides to sit 'round the table and, hopefully, put aside petty personal rivalries. And if a resolution cannot be found within a certain time limit, as much as it pains me to say it, the issue should be sent to binding arbitration.

John Holmes is a writer for various publications in Canada and the U.K. He's never had a driver's licence, and has relied on public transit for all of his adult life.

Worth Mentioning

Switching jobs in recession may prove sound strategy

With layoffs happening all around her, automotive worker Ellen Whittington is doing what many worried Americans are doing: Trying to find a safer, better job before she loses the one she has.

Strange as it may seem, changing careers or trying to upgrade jobs amid a recession and millions of layoffs may be just the thing to do — to jump before you get pushed.

"Some organizations use downturns to go out and capture the top talent in the industry from competitors that are hurting," said Peter Stark, business consultant and author of the forthcoming book Engaged: How Leaders Build Organizations Where Employees Love to Come to Work.

"They go after people who would be laid off and considered tops in their industry, but also people who are still working," he said.

Whittington, 32, has updated her resume on online recruiting site Monster.com and is discretely but doggedly networking to find a way into an industry that has a more stable future than the devastated U.S. auto sector.

"It's pretty much an open secret. Everyone is looking," said Whittington, who works for a German automotive company in Cincinnati. REUTERS

Quote of the Day

"I'm 23 years old, and despite the successes I have had in the pool, I acted in a youthful and inappropriate way."

— Eight-time Olympic gold medallist Michael Phelps apologizing after a British newspaper published a photograph purportedly showing him smoking marijuana. REUTERS

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Going Green

World Wetlands Day

As the rest of Canada waits to see if the groundhog spots his shadow, the Nature Conservancy of Canada (NCC) is proudly marking World Wetlands Day today. Canada is home to nearly 25 per cent of wetlands in the world and the NCC, as this country's leading conservation organization, has been working since 1962 to protect these unique and rich habitats. METRO NEWS SERVICES

EDITOR: MIKE DEREZYCKY, MIKE.DEREZYCKY@METRONEWS.CA

Fuel sources are a burning issue

EarthTones

Ideas like pulping paper, pelletizing it and burning it as fuel may offer another source of energy in the future.

What to burn, what to burn? Coal, that one-time wonder rock has lost our love, being named environmental enemy No. 1 by Economist magazine in 2002.

As older coal-burning plants around the country age, they will need to be replaced or upgraded to handle more capacity and to reduce their environmental impacts. We know coal power is dirty power, but the cost and opposition to nuclear power have delayed new projects, and even renewable power projects like wind farms routinely face opposition. While we dislike coal, we seem much more comfortable with the idea of burning something, rather than we are with alternative technologies. We will have a hard time letting go of coal until we change our perception of alternate technologies or find something better to burn.

Some coal-fired plants are now experimenting with burning wood chips. Results of pilot projects seem promising; energy production has not suffered and wood pulp produces less sulfur and NOx emissions. The idea is a political winner. The long suffering forestry industry in Canada could find a new life as an energy provider. The projects have been touted as carbon neutral (which is a farce, but that's a discussion for another day). However, burning new plant biomass instead of coal is worth exploring.

But if you like the idea of using wood, you should love this. Garbage! Many of you are appalled. But think about it. We have this vast source of energy that we keep on generating. We have the infrastructure to collect and transport it. We are already investing the energy to do so. And then we bury it!

Meanwhile, we spend lots of money and energy to unbury coal and oil. For many, burning garbage is distasteful. It conjures an image of black smoke pouring out of stacks, but modern incinerators with high-temperature combustion are much more benign. It's arguably more distasteful to spend energy burying it when it could be used.

And if you turned up your nose at the incinerator, here's one you'll really dislike. But give it some thought. We spend a fortune de-inking recycled paper, generating a lot of wastewater that must be treated (requiring still more energy). We still end up with pulp that is marginal for recycling. With few exceptions, recycling content never exceeds 30 per cent. Think about that. You are doing your part, separating and recycling paper. You try to buy responsibly, yet the best you are likely to get is 30 per cent recycled content because the rest cannot be de-inked. We might be better off scrapping paper recycling.

Instead, we might pulp that paper, pelletize it and burn it as fuel. We'd cut down on water pollution from de-inking and virgin pulp that needs far less bleaching. Like using wood pellets, this would be a boon to forestry. And if you liked the idea of using wood instead of coal, should it matter to you that you've written on that wood first?

We need to set aside biases and personal taboos and consider if it makes sense to use these other fuel sources. And if you are now thoroughly disgusted with the idea of burning anything, maybe we've opened you up to the idea of wind farms and nuclear plants. Either way, it's progress.

Sophia Dore is an environmental scientist with Conestoga-Rovers & Associates. Andrew Laursen is an assistant professor at Ryerson University.

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Most of the laundry soaps you'll find in grocery stores are filled with synthetic dyes, overwhelming perfumes and petroleum-based chemicals that can build up in our bodies and water systems.

Try switching to an earth-friendly brand of laundry soap. Most green environmental cleaners are concentrated to deliver the same cleaning punch with less packaging. For example, a concentrated powder can wash four to eight times as many loads as 10 pounds of a non-concentrated powder. Try a green alternative and you'll never look back.

ShareYourViews
ottawaletters@metronews.ca

Smith, Woodson headed to football hall of fame
Bruce Smith, an All-Pro defensive end with the Buffalo Bills, and longtime Pittsburgh Steelers defensive back Rod Woodson are among the six new members of the Pro Football Hall of Fame. Derrick Thomas, Randall McDaniel, Bob Hayes and Buffalo Bills owner Ralph Wilson Jr are the other new members. METRO NEWS SERVICES

Super Bowl XLIII

Steelers squeak past Cards

Pittsburgh defence fails late, but Roethlisberger rallies the troops

NFL RESULT

Pittsburgh 27 **Arizona** 23

The Pittsburgh Steelers' rich tradition always began with physical, intimidating defence.

Last night, not so much.

En route to capturing their record sixth NFL title, the Steelers' defence broke down conspicuously in what irrefutably will rank as the most memorable, most unlikely and most spectacular fourth quarter in the Super Bowl's 43-year history.

Ultimately, it was the Steelers' offence that needed to win this championship, as quarterback Ben Roethlisberger engineered a 78-yard, eight-play touchdown drive for a 27-23 come-from-behind triumph over the heartbroken Arizona Cardinals.

The game-winning TD was a doozy — a six-yard bullet, with only 35 seconds remaining, from Roethlisberger to receiver Santonio Holmes, who neatly kept both his feet in the end zone before being belted to the ground out of bounds. Holmes also was chosen the game's most-valuable player.

"I told the guys (in the huddle) that it was now or never," Roethlisberger said. "I said, 'All the film study didn't matter unless you do it now,' and we did. I was really proud of (his offensive teammates) the way we went down and scored."

Realistically, however, it should never have come down to that.

The Steelers were ahead 20-7 after three quarters, primarily because its No. 1-ranked defence was its usual brilliant self.

Pittsburgh linebacker James Harrison, chosen the NFL's premier defensive player during the regular season, even intercepted a pass on his team's goal line on the final play of the first half and romped 100 yards for the longest touchdown in Super Bowl history. That gave the Steelers a 17-7 advantage.

BRIAN SNYDER/REUTERS

Pittsburgh Steelers wide receiver Santonio Holmes catches the game-winning touchdown pass during the dying seconds of the fourth quarter of Super Bowl XLIII in Tampa, Fla., last night.

Ben Roethlisberger

YorkReport

Marty York

marty.york@metronews.ca

But in the fourth quarter, veteran Arizona quarterback Kurt Warner started to dissect the Pittsburgh defence like a surgeon, eventually finding Larry Fitzgerald for a 64-yard touchdown pass.

With 2:37 left, the Cardinals — 60-to-1 championship long shots when the NFL season began — suddenly took their first lead.

"What I thought at the time (of Fitzgerald's long TD) was that there was still too much time left," Cards coach Ken Whisenhunt said. "The Steelers were able to make the plays. That's what good teams do."

"Steelers football is always 60 minutes long. It's never going to be pretty. Throw style points out the window when it comes to us. But we fight to the end, and we win."
Mike Tomlin, Pittsburgh head coach

Steelers coach Mike Tomlin concurred.

"Steelers football is always 60 minutes long," Tomlin said. "It's never going to be pretty. Throw style points out the window when it comes to us. But we fight to the end, and we win."

"Our team did a marvelous job," club owner Dan Rooney said. "We had the toughest schedule in the league and we prevailed … I'd like to thank President (Barack) Obama and the Steeler Nation for supporting us."

Obama said before the game that he was rooting for the Steelers even though he had a soft spot for Warner because of his age. Warner is 37. He also is at the end of his contract and, after completing 31 of 43 passes for 377 yards and three touchdowns last night, is contemplating retirement.

"I'll see," he said. "I have some time to think about it. Right now, though, I'm just thinking about how close we came to winning this. And, obviously, I'm disappointed."

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.

Super Bowl
By the numbers

SCORING DRIVES

Pittsburgh 3-0
- First Quarter 9:50: After a Steelers touchdown is called back Jeff Reed kicks 18-yard field goal for Steelers after 71-yard drive.

Pittsburgh 10-0
- Second Quarter 14:09: Gary Russell caps 69-yard Steeler drive with one-yard rushing touchdown.

Pittsburgh 10-7
- Second Quarter 8:43: Kurt Warner throws one-yard touchdown pass to Ben Patrick after 83-yard drive.

Pittsburgh 17-7
- Second Quarter 0:18: Steeler James Harrison returns interception 100 yards for touchdown.

Pittsburgh 20-7
- Third Quarter 2:16: Reed kicks another field goal for the Steelers after 79-yard drive.

Pittsburgh 20-14
- Fourth Quarter 7:41: Warner connects with Larry Fitzgerald for a one-yard touchdown after 87-yard drive.

Pittsburgh 20-16
- Fourth Quarter 3:04: A holding penalty on Justin Hartwig in end zone results in the Steelers giving up a safety.

Arizona 23-20
- Fourth Quarter 2:47: Fitzgerald scores on another reception from Warner, this time for 64 yards.

Pittsburgh 27-23
- Fourth Quarter 0:42: Santonio Holmes catches six-yard touchdown pass from Ben Roethlisberger to put Steelers up for good.

TOP PERFORMERS

Passing
- Warner, Arizona: 31 for 43, 377 yards, 3 touchdowns, 1 interception
- Roethlisberger, Pittsburgh: 21 for 30, 256 yards, 1 touchdown, 1 interception

Rushing
- Willie Parker, Pittsburgh: 19 carries, 53 yards
- Edgerrin James, Arizona: 9 carries, 33 yards

Receiving
- Holmes, Pittsburgh: 9 receptions, 131 yards, 1 touchdown
- Fitzgerald, Arizona: 7 receptions, 127 yards, 2 touchdowns
- Anquan Boldin, Arizona: 8 receptions, 84 yards
- Steve Breaston, Arizona: 6 receptions, 71 yards
- Heath Miller, Pittsburgh: 5 receptions, 57 yards

Bills set to face Titans in Hall of Fame Game
The Buffalo Bills and Tennessee Titans will open up the NFL's celebration of the AFL's 50th anniversary when the teams play in the Hall of Fame Game in Canton, Ohio, on Aug.9, the league announced Saturday. METRO NEWS SERVICES

Super Bowl XLIII

Sights and sounds of the Super Bowl

Arizona Cardinals supporters went all out for their team as fans wore Pat Tillman jerseys. Tillman is a former Cardinal player who died serving his country in Afghanistan.

Singer Jennifer Hudson sang the American national anthem before Super Bowl XLIII. It was Hudson's first public appearance since the murders of her mother, brother and seven-year-old nephew in October.

ALL PHOTOS GETTY IMAGES
Legerdary rockers Bruce Springsteen and the E Street Band perform at the halftime show during Super Bowl XLIII last night at Raymond James Stadium in Tampa, Fla.

The Boss shows he still knows how to rock

Springsteen puts on a Super Bowl halftime show to remember

NATALIA MANZOCCO
natalia.manzocco@metronews.ca

Rock legend Bruce Springsteen's halftime performance at yesterday's Super Bowl was heavily hyped by sports nuts and rock fans alike.

And the Boss delivered, with a blistering set of mostly old favourites — but for many, the fun was drained from his performance before the stage lights even came on over Springsteen's E Street Band.

In the days leading up to the game, online oddsmakers were hard at work handicapping potential playlists from the New Jersey native's 30-year career of hit singles. Rolling Stone magazine, acting on insider info, hinted on its website that Springsteen's picks were none of the ones favoured, and the plays were axed.

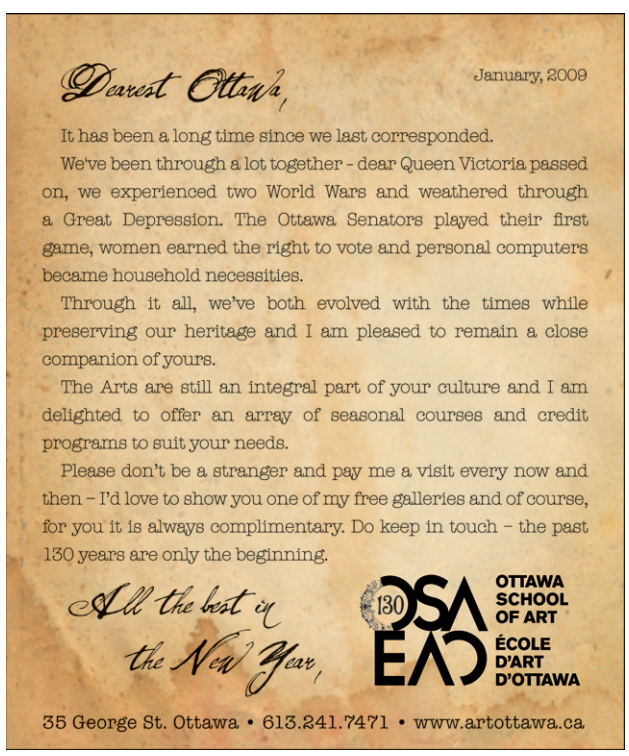
For those without money riding on the 12-minute performance, it was a treat. After bellowing at viewers at home to "put down those chicken fingers and turn your TV all the way up," Springsteen broke out hits Born To Run and Glory Days, the latter of which was met by massive cheers and dutifully amended to mention a friend who "was a big football player back in high school."

> **"Put down those chicken fingers and turn your TV all the way up."**
> Bruce Springsteen

Springsteen also found room for a new song — the title track from his latest album, Working On A Dream, which seemed as obligatory a halftime move as the showy gospel choir Springsteen brought in to accompany it.

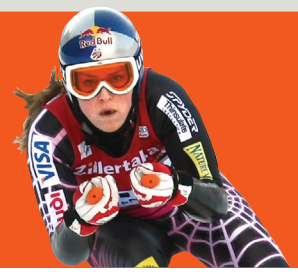
But the highlight of the show was a pick none of the oddsmakers saw coming: A rollicking opening performance of Tenth Avenue Freeze-Out, which saw 59-year-old Springsteen dashing across the stage, jamming his microphone into the audience, and knee-sliding straight into a cameraman's lens.

Also a disappointment to the online betting crowd: Springsteen's wife and backing guitarist Patti Scialfa, despite 2-to-1 odds, did not suffer a Janet Jackson-style "wardrobe malfunction," nor did the Boss reprise the ending of his Dancing In The Dark music video by pulling Courteney Cox out of the crowd.



Lakers' Bynum injures knee
Los Angeles Lakers centre Andrew Bynum left in the first quarter of Saturday's win over the Memphis Grizzlies with what the team is calling a sprained right knee. Entering the game, Bynum was averaging 14.2 points and 8.4 rebounds this season. METRO NEWS SERVICES

Sports



Vonn makes it a double

American Lindsey Vonn, left, had the ideal preparation for the world championships when she won her second race in succession in a super-G in Garmisch-Partenkirchen, Germany, yesterday. The World Cup holder and leader, who won a slalom in the German resort on Friday, clocked one minute 22.16 seconds for her fifth World Cup victory in four disciplines this season. REUTERS

SPORTS@METRONEWS.CA

Ovechkin tricks Sens

Superstar forward scores three to lead Capitals to win

NHL RESULT

Washington 7 | Ottawa 4

MIKE BEASLEY
for Metro Ottawa

JIM YOUNG/REUTERS

Washington Capitals forward Alexander Semin, left, scores a goal against Ottawa goalie Alex Auld during yesterday's game in Washington. The Capitals defeated the Senators 7-4.

THE SKINNY: Down by four goals going into the third period, the Senators fought back with a couple of markers to cut into the Washington Capitals' lead but ended up falling short for another road loss.

THE HAT TRICK: Alexander Ovechkin led the Capitals with a three-goal effort, including his league high 36th marker of the year. The Russian forward has scored 23 of his 36 goals at the Verizon Centre in Washington.

ALFIE'S MILESTONE: Ottawa team captain Daniel Alfredsson scored two goals while playing in his 900th career game for the Senators.

Besides Joe Sakic (Colorado), Mike Modano (Dallas) and Nicklas Lidstrom (Detroit), no other active player has suited up for 900 games with the same team.

SUPER SUPREMACY: The Capitals have now won six consecutive contests on Super Bowl Sunday dating back to 2004 and are 12-3-1 over the last 16 seasons playing at home on the big day.

THE LEAGUE'S BEST: The Caps lead the NHL in several categories. Besides Ovechkin and his goal production, defenceman Mike Green picked up his league-high 15th goal of the season. Washington has the best home record in the East at (21-3-1).

THE NEXT GAME: The Senators return home tomorrow night to face the Los Angeles Kings at Scotiabank Place.

Nadal defeats Federer in Oz

TENNIS Rafa Nadal ground Roger Federer's dreams of a record-equalling 14th grand slam singles crown into dust yesterday, triumphing in a pulsating five-set Australian Open final.

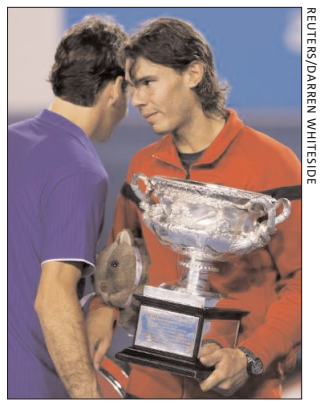
The Mallorcan muscleman added the Melbourne Park trophy to his French and Wimbledon titles with an epic 7-5 3-6 7-6 3-6 6-2 victory under floodlights, a victory which pierced Federer's heart and left the Swiss in tears.

While Nadal cradled the silverware — the first Spaniard to do so in Melbourne — Federer broke down, unable to address a crowd which was giving him a standing ovation.

Nadal put his arm around his great rival before delivering an epitaph fitting such a momentous match.

"Sorry for today, I really know how you feel right now is really tough," the world No. 1 told the man whose top ranking he seized. "But remember, you are a great champion and you're one of the best (in) history."

So, too, must be Nadal who has, at the age of 22, won slams on all three surfaces — grass, clay and hardcourts — a feat Federer, who has lost in three French finals to the Spaniard, has failed to do.



REUTERS/DARREN WHITESIDE

Rafael Nadal, right, talks with Roger Federer after winning the men's singles final at the Australian Open yesterday.

"I love this game," Federer said, disconsolate under a baseball cap bearing his initials. "It means the world to me, so it hurts when you lose.

- Serena Williams crushed Dinara Safina 6-0, 6-3 to claim the women's title.
- American twin brothers Mike and Bob Bryan beat Mark Knowles and Mahesh Bhupathi 2-6, 7-5, 6-0 to win the men's doubles title.
- The Williams sisters, Serena and Venus, beat Ai Sugayama and Daniela Hantuchova 6-3, 6-3 in the women's doubles finals.

METRO NEWS SERVICES

Vet Perry claims title in playoff

GOLF PGA Tour veteran Kenny Perry shrugged off the disappointment of a bogey on the 72nd hole to win the Phoenix Open in a sudden-death playoff with fellow American Charley Hoffman yesterday.

Kenny Perry

Both players bogeyed the first extra hole and parred the second before Perry coolly rolled in a 22-foot birdie putt at the third to clinch his 13th Tour title at the TPC Scottsdale. REUTERS

Sports in brief

NHL The Toronto Maple Leafs announced Saturday that veteran defenceman Tomas Kaberle is expected to miss at least four weeks with a hand injury. Kaberle suffered the setback during Thursday's 7-4 win over the Avalanche. The 30-year-old blue-liner posted four goals and 30 points in 49 games this season.

METRO NEWS SERVICES

Howard too much for Raptors

NBA RESULT

Orlando 113 Toronto 90

MIKE CASSESE/REUTERS

Orlando Magic forward Dwight Howard dunks against the Raptors during yesterday's game in Toronto.

NBA Dwight Howard finished with 29 points and 14 rebounds, leading the Orlando Magic in a 113-90 rout of the Toronto Raptors at Air Canada Centre in Toronto yesterday.

Mickael Pietrus contributed 22 points off the bench, while Jameer Nelson added 18 points, 10 assists and eight boards for the Magic, who have won three in a row. Rashard Lewis had 15 points and seven rebounds for Orlando, which improved to 18-6 on the road this season.

"I thought we got off to a good start and I didn't think we played well for a good part of the second quarter, but still had the lead and I thought our second half was very, very good," said Magic head coach Stan Van Gundy.

Jose Calderon totaled 16 points and six assists to pace the Raptors, who have lost two straight on the heels of a season-high three-game win streak. Joey Graham chipped in 14 points and 12 rebounds off the bench for Toronto.

METRO NEWS SERVICES

Check out the next Metro Workology exclusive: Matters of the Heart
If Curtain Call wasn't your thing and you're excited about Valentine's Day, stay tuned for Matters of the Heart, our next series that focuses on falling in love, falling out of love, and everything in between.

Workology

EDITOR: DOUGLAS DUNLOP, DOUGLAS.DUNLOP@METRONEWS.CA

Are green burials the wave of the future?

Curtain Call

NOELLE MUNARETTO
for Metro Canada

Modern burial practices are a relatively new concept considering our ancestors once buried the dead in an incredibly natural fashion.

Imagine a traditional North American burial and you're likely to think of everything from a thick, lacquered casket to a heavy tombstone. In reality, however, this form of interment is a relatively new concept considering our ancestors once buried the dead in an incredibly natural fashion.

Following this idea of returning a body to the earth in its most pure form, natural or green burials have become increasingly popular in both Canada and The United States after enjoying great success in The United Kingdom.

Royal Oak Burial Park in Victoria B.C. is the province's largest municipal cemetery and the first in Canada to have opened a natural burial site. Stephen Olson, the executive director of Royal Oak explains that after being approached by local citizens who desired natural burials, in 2006 the cemetery made a commitment to the community to open a site in the next two years.

Olson says the feedback he received to the decision was astounding.

"As soon as we were definitely going ahead with this, the amount of interest and amount of calls I got from local people was incredible. I've never seen anything like that in this business," he says. "For people, the environment and the ecology and their awareness of them has increased exponentially over the past few years."

The natural interment zone, known as the Woodlands, officially opened in October 2008 and holds space for 255 graves sites on a third of an acre. Though specific green burial methods may vary depending on the region, the common goal is to let the body decompose naturally.

At Woodlands, bodies are not treated with harsh embalming chemicals and are wrapped in natural fabric. The bodies are then placed in a biodegradable container that could be made out of materials such as wicker or sustainable wood. After the body is buried without a grave liner, there are no markers or other items allowed directly on the grave. Instead inscriptions will be made on five large memorial boulders that are located around the Woodlands periphery.

"What we're trying to do here is essentially match the ecosystem with where the burial plots are located," says Olson, who adds that plant species native to Victoria will be used to help re-forest the Woodlands site.

Mike Salisbury, the executive director of the Natural Burial Co-operative in Canada, envisions that by following a green burial model, the cemeteries of the future will actually resemble lush forests and family-friendly parks.

Since Salisbury says more people in Ontario are interested in pursuing this type of burial, the cooperative is currently working to obtain land in the province for a green site.

"What this is for people is a sense of value. They look at the conventional process and options and they don't see value in them," says Salisbury. "The whole circle of life thing is really what people get. There's something that feels good about allowing the circle to complete, and reaching a logical end."

Bidding farewell to a feature

It's been an interesting ride for the Workology section this last month. I hope our readers enjoyed reading our special Curtain Call series as much as we enjoyed writing and producing it.

A common theme that was revisited in many of the articles was that while work can be plentiful when you deal in the realm of death, it is definitely not the way its portrayed on the television. These jobs take time and patience and in some case a heck of a lot of schooling. Some series highlights:

- **HOMICIDE: LIFE ON THE STREET:** The feature on the life of a homicide detective.
- **ASHES TO ASHES:** The story of the life of a crematorium operator.
- **DEAD, BUT HOW?:** An in-depth look at the amount of training and experience it takes to become a forensic pathologist.

The entire Curtain Call series is available at metronews.ca/work so check it out if you missed one.

We here on the Metro Workology team hope that we've informed all our readers about some of the interesting, unique and lucrative career opportunities that you may have never fathomed. Please enjoy the feature piece on this page; a way of giving Curtain Call its own burial.

–DOUGLAS DUNLOP (EDITOR)

For the entire Curtain Call exclusive series see stop by Metronews.ca/work

Health-care sector still healthy despite recession

EMPLOYMENT While the recession injured many industries in 2008, health care was one of the few bright spots in the employment picture. The large aging population has health-care employers in need of qualified workers and therefore, despite the current economic conditions, health-care employers will continue to increase staff in 2009, according to CareerBuilder.com's annual hiring forecast.

Close to one-in-five (17 per cent) of large health-care employers (50 or more employees) plan to increase the number of full-time, permanent employees in 2009, while 67 per cent foresee either making no change in the number of employees or are unsure. Sixteen per cent plan to decrease the number of employees.

"The health-care industry continues to boast high demand for qualified workers," Employers are continuing strong recruiting efforts this year," said Jason Ferrara, vice-president of corporate marketing for CareerBuilder.com.

METRO NEWS SERVICES

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Cybermentor inspires girls to pursue science and engineering
An Alberta-wide initiative to encourage girls to pursue careers in science and engineering has gone high-tech with the launch of "Cybermentor," an online social community in which girls ages 11 to 18 are matched with female scientists and engineers. METRO NEWS SERVICES

Wrangling rats, flies and bugs

OddJobs

Diane Peters

It was an armadillo that began Jim Lovisek's career as an animal wrangler.

When he was a child, Jim Lovisek ordered an armadillo from the back of a comic book.

Hey, it was the '60s.

His bedroom was something of a zoo with various snakes, an injured hawk, and numerous other animals. His parents got used to it.

In university, he studied zoology at the University of Calgary, briefly did some research in the Amazon jungle on caimans (a type of alligator) and came back to his hometown, Toronto, and worked part time with the reptile exhibits at the Royal Ontario Museum.

He got to know people in the film industry at that time and started doing animal handling for movies and commercials. Eventually, he quit his day job and got into film work full time.

Lovisek, now 60, has handled rats for the movie Hairspray, snakes for Cold Creek Manor and all sorts of creatures for Telus through his company, Toronto Nature Centre.

He used to keep his own animals, but now he just buys, borrows or rents what he needs for a shoot, tapping into his network of breeders and people who rent exotic animals.

Lovisek's job is to make an animal do a very specific task. Once, he had to make a ladybug walk a straight line, walk up the side of a candle and then back down again. (The digital effects people put the flame in later.)

"It's always challenging to figure out how to get an animal to do something that doesn't hurt the animal."

Lovisek made a path of foam core for the ladybug to walk on and placed cardboard covered with a slippery spray beside the path — the bug avoided that and stayed on course. Ladybugs like to walk up, so it went up the candle no problem. At the top, he put a daub of Vick's VapoRub, which animals hate, so it came back down.

He sometimes uses food or water to motivate animals. For insects, he fashions tiny harnesses with fine line. A quick blast of carbon dioxide will put a fly or bug to sleep for a few minutes so he can tie it on.

Acquiring animals, figuring out a scene and training birds or dogs takes time, so Lovisek needs plenty of notice from filmmakers.

To stay on top of his work, Lovisek reads recent animal studies, plus he never stops observing animal behaviour.

"What you learn is there's a lot to learn. You discover you are scratching the surface."

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

The Lowdown

Job title: Animal wrangler

Salary: N/A

Education: A lot of experience with animals

Best part of the job: "Trying to get an animal to do a specific thing on set and to have it work, and work well."

Worst part of the job: "Waiting. You can be on set for eight or ten hours before you get your moment. Waiting is hard too for certain animals."

In brief

EMPLOYMENT When top performers decide to jump ship, managers may want to consider a little self-reflection, a recent survey suggests. More than one-third (35 per cent) of executives interviewed said good employees are most likely to quit their jobs because of unhappiness with management. This is up from 23 per cent when the question was asked five years ago. Limited opportunities for advancement was the second most common answer, cited by 33 per cent of respondents. The survey was developed by Robert Half International and conducted by an independent research firm. "Professionals seek strong leadership, particularly during times of uncertainty, and they also want managers they can learn from and who take an interest in their careers," said Max Messmer, chairman and CEO of Robert Half International "In today's business environment, where many companies have reduced staff levels, managers need to be extra attentive to the needs of their teams." METRO NEWS SERVICES

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The OIFSC is seeking interested participants in the Ottawa area to enter a 37-week Architectural Glass & Metal Technician Pre-Apprenticeship training program. The program includes complete Health & Safety training, Basic Level Apprenticeship training and a paid 8-week work placement. In our most recent program all participants who entered the work placement gained full-time employment. There is no cost to participate in this program. If you are interested in applying for the program or would like more information, go to our website at www.oifsc.com and click on the link to pre-apprenticeship or contact the National Capital Region YM/YWCA Job Connect by telephone at 613-788-5001.

We build strong kids... strong families... strong communities. Dévoué au mieux-être des enfants... des familles... des communautés. YMCA-YWCA

This Pre-Apprenticeship Training Program is funded by the Government of Ontario.

Madonna gets custody of kids

A London judge has given Madonna temporary permission to move her two sons with ex Guy Ritchie to New York City. The U.K. Evening Standard reports the custody agreement will be made permanent within the next 14 day. **USMAGAZINE.COM**

Entertainment

Damon delay

Plans for Matt Damon's next movie have been suspended because of the economic downturn. The actor was scheduled to appear in Torso, a film about Eliot Ness.

FEMALEFIRST.CO.UK

EDITOR: DEAN LISK, DEAN.LISK@METRONEWS.CA

Box office

Estimated ticket sales for Friday through Sunday at U.S. and Canadian theatres:

1. **Taken:** $24.6 million US
2. **Paul Blart: Mall Cop:** $14 million
3. **The Uninvited:** $10.5 million
4. **Hotel for Dogs:** $8.7 million
5. **Gran Torino:** $8.6 million
6. **Slumdog Millionaire:** $7.7 million
7. **Underworld: Rise of the Lycans:** $7.2 million
8. **New In Town:** $6.8 million
9. **My Bloody Valentine: 3D:** $4.3 million
10. **Inkheart:** $3.7 million

REUTERS

Director Boyle wins guild prize

MOVIES Danny Boyle, whose rags-to-riches romance Slumdog Millionaire has won over U.S. audiences, was named best director by the Directors Guild of America Saturday, cementing the movie's position as the Oscar front-runner.

The win put a positive end to a week of controversy for the film that tells of a young Indian boy raised in the slums of Mumbai who goes on to compete for a fortune on a TV talk show and, in the process, also tries to win the girl of his dreams.

Slumdog has met with praise in the United States, but in India it has sparked some protests over its depiction of people who live in Indian slums. REUTERS

Making sense of money

RAFAEL BRUSILOW/FOR METRO CANADA

Alison Griffiths hosts Dollars & Sense, starting tonight on VIVA and the W Network.

RAFAEL BRUSILOW
for Metro Canada

Whether you've got skeletons in your financial closet or just need a little guidance, Alison Griffiths wants you to let it all out on-air.

Griffiths, a financial journalist and host of W Network's Maxed Out, will host Dollars & Sense, a live call-in show aimed at making money less intimidating by discussing it in a casual, live setting.

"This isn't the business channel — this is me at your dining room table," Griffiths said.

Griffiths promises the call-in format will lead to highly specific and practical advice.

"It's an objective forum where people can exchange ideas. There'll be a lot of depth to it and a lot of very specific information and tips," Griffiths said.

The premiere episode hopes to hit back at the financial crisis by featuring Philip Brown of Credit Canada doing a primer on how to get out of debt, while other weeks will have similar experts taking calls on everything from taxes and savings to RRSPs and investments.

> **"There's nothing more confusing than money. It's so complicated that even the experts don't understand it."**
> Alison Griffiths

Callers will have an opportunity to ask tough questions and share their own misadventures in a constructive setting meant to get at the root of money problems.

"The problem with money is many times we don't learn from our mistakes because we don't know what the lesson was," Griffiths said.

Understanding what you did wrong financially can be difficult because, as the recent market meltdown has shown, the inner workings of money can be far more labyrinthine than most people imagine.

"There's nothing more confusing than money. It's so complicated that even the experts don't understand it," Griffiths said.

Worse yet, dealing with money can be an emotional experience because money is often tied to people's family life, goals, and dreams.

"If you think about it, money is the only thing that accompanies us from cradle to grave. There isn't an aspect of life that isn't associated with money. It's wrapped up in emotion," Griffiths said.

Griffiths, 56, is no stranger to financial concerns — she once lost two years of income taking care of her ill daughter — so she hopes viewers will identify with her as someone who wants to help.

"I love when I can solve someone's problem — it's a great feeling to help people get across the street financially," she said.

Lenka dishes on Dirt series

BRIAN TOWIE
Metro Canada

There's nothing quite like a pocket rocket to get your attention, just ask Lenka.

Her song Follow was featured on an episode of the TV series Dirt, during a scene in which Courtney Cox pleasures herself with a vibrator.

"That was my first TV pickup," the ex-frontwoman for pop project Decoder Ring laughs. "The whole show I was waiting for it and then it came on and I howled. I never expected that. I thought it was great."

Since then, the Australian actress turned singer-songwriter has been touring the world in support of her self-titled solo debut, from which songs such as The Show, Trouble Is A Friend and Live Like You're Dying make ubiquitous television appearances. Small wonder why. The album's bouncy arrangements of pianos, vibraphones and glockenspiels belie the darker experimental electronic ambience of Decoder Ring — perfect for primetime TV while standing out in its own right.

"It's much more sweet and poppy," says Lenka. "Decoder Ring was never exactly what I wanted to do, they were just sort of a happy accident and I loved doing it when I was with them. But I always had this desire to do singer-songwriter, vocally driven folk music which was very different from them."

Lenka comes by her folky artistic bent honestly. Mom and Dad were hippies, and Lenka spent the first few years of her life in the Australian outback. At seven, the family moved to Sydney (She admits to bouts of claustrophobia due to city life), where she studied at the Australian Theatre for Young People under Cate Blanchett.

Lenka says the two haven't kept in touch, though Blanchett was disappointed to hear she was turning to music full-time.

"She was amazing. We all loved her. She definitely passed onto us a love of the craft," she said of the actress. "I'm not surprised that she's done as well as she has."

SONY MUSIC PHOTO

Australian actress turned singer-songwriter Lenka has been touring the world in support of her self-titled solo debut.

No arrests as yet
Amy Winehouse's London home was robbed late last week. According to the singer's rep, guitars and music-recording equipment have been stolen. So far, no arrests have been made. INTOUCHWEEKLY.COM

Fuller falling behind

IntelleVision

rick.mcginnis@metronews.ca

NOW THAT'S WHAT I CALL HOPELESS: Simon Fuller, probably the most powerful producer on television today thanks to the success of the Idol franchise — well, everywhere but Canada, obviously — is shopping a new music show around to the networks, according to a Reuters story last week.

"This show will be nothing like American Idol and definitely won't be a spin-off," Fuller told Reuters. "It will be a new take on music programming." What it will be, apparently, is a weekly music showcase based on Now That's What I Call Music, a million-selling series of pop music compilations.

For those either too old to bother with top 40 pop collections — or too young to be bothered with something so 1985 as a package of pop hits collected on something as finite and retro as a CD — the Now franchise began in the UK in 1983, with a double-album (talk about your ancient history) that featured Phil Collins, Kajagoogoo, Culture Club and Men At Work, and became an unprecedented example of cooperation between three of the four major music conglomerates.

The series reached American shores in 1998, and it's been going strong ever since, with franchises from Australia to Finland to Israel. On the surface, Fuller's idea seems plausible, if hardly inspired, and he says that the title of the still-unnamed series will likely incorporate some reference to the Now brand. What's interesting is how, over 27 years since MTV debuted and wiped music and variety shows off network and regular broadcast television, Fuller sees an audience eager to see them return there.

It's not a stretch — it's been years since MTV or its various sister channels featured music programming as anything but filler between reality programming, and with the end of Total Request Live, the cable network that could once describe itself as "Music Television" without irony has signaled that it's not going back there.

Audiences in high school and older have become so musically atomized that Fuller's show will have to be literally everything to everyone — hardly a recipe for success on TV, where focusing down is the mantra for success.

Rick McGinnis writes about music, movies, books and television, but not opera.

In brief

COURTS Actor Robert De Niro's Nobu restaurant chain will settle a lawsuit over tips with waiters and staff at three of his New York establishments for $2.5 million, according to court papers filed Friday.

SENTENCED A judge in Arizona sentenced rapper DMX to 90 days in jail Friday on drug, theft and animal cruelty charges. REUTERS

GlobalStyle

Exclusively at metronews.ca/globalstyle

See complete online movie listings, trailers, reviews and purchase tickets at metronews.ca/movies

Iranian author breaks her silence

Things I've Been **Silent About**

Author: Azar Nafisi
Publisher: Random House
Price: $32 (Hardcover)

When Azar Nafisi was just a girl growing up in Iran, she concealed her father's infidelity from her mother. Refusing to be placed in such a compromising position again, Nafisi vowed to always speak her mind on all issues from family and faith to politics and society. The new memoir from the author of globally acclaimed book Reading Lolita in Tehran sees Nafisi open up about her experiences growing up in Iran and how her parents' political involvement and the 1978-79 Islamic Revolution she observed shaped who she is.

BookPicks

A Place **Within**

Author: M.G. Vassanji
Publisher: Doubleday Canada
Price: $34.95 (Hardcover)

For 43 years, India was a veritable mystery to M.G. Vassanji. The Giller Prize-winning author was born in Kenya and moved to Canada at 28, but didn't get a glimpse of his grandparents' birthplace until he travelled to the country in 1993. Where Vassanji once only envisioned the locales relayed to him by relatives, he now saw the contrasting crowded streets of Indian cities and vast landscapes of the Himalayas. In A Place Within, Vassanji describes his discovery of the land of his heritage.

Land of **Marvels**

Author: Barry Unsworth
Publisher: Random House
Price: $30 (Hardcover)

In 1914, a railroad to Baghdad is the site of conflict among a host of international characters. British archaeologist Somerville wants construction ceased, as it's poised to interfere with his excavation of an Assyrian palace. An American archaeologist should reassure Somerville but the man is revealed to be an undercover oil company geologist whose only interest lies in tapping the area's black gold. Booker Prize-winning author Barry Unsworth returns with another work of historical fiction that foreshadows modern events.

BRIAN COULTON/FOR METRO CANADA

PT	Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
2/2/09	265	353	2	TVO	Time Team (N)		The Agenda With Steve Paikin		Midsomer Murders		Milosevic on Trial (N)		Agenda-Paikin
prime	211	331	3	GTV	ET Canada	Entertainment	House (HDTV) (N)		24 (HDTV PA) (N)		Heroes (HDTV) (N)		News (N)
	-	-	5	SRC	Virginie (SC)	Les Parent	L'Auberge du chien noir (SC)		Les Boys (SC)	Tout sur moi	Le Téléjournal et Les Nou		La Zone
	209	342	6	CHRO	Instant Star	TMZ (N)	Gossip Girl (HDTV) (N)		MTV Presents: Summer		Medium "Soul Survivor"		News (N)
	196	311	7	CTV	Hollywood	etalk	Big Bang Th	Gary Unmarr	Two/Half Men	Corner Gas (N)	CSI: Miami (HDTV) (N)		News (N)
	208	303	8	CBC	Coronation St.	Jeopardy! (N)	Little Mosque	Sophie	Being Erica (HDTV) (N)		CBC News: The National		The Hour
	-	360	9	NBC	Wheel-Fortune	Jeopardy! (N)	Chuck (HDTV) (N) 3D		Heroes (HDTV) (N)		Medium "Soul Survivor"		News (N)
	117	713	10	TVA	Les Gags	Bloopers TVA	Annie et ses hommes (SC)		Dr. House (HDTV) (SC)		TVA 22 heures	(10:45) Denis Lévesque	
	-	-	11	QS	Beauté	C't'une joke	CSI: NY (SC)		La Porte des étoiles (SC)		Cent dix pour cent (SC)		Msr Showbiz
	137	763	12	TFO	Panorama		Dans le secret des pierres		*Les Chansons d'amour* ★★ (2007, Film musical) Louis Garrel.				Professionels
	-	362	13	CBS	Dr. Phil (HDTV)		Big Bang Th	How I Met	Two/Half Men	Worst Week	CSI: Miami (HDTV) (N)		Two/Half Men
	216	395	14	OMN2	Raymond	Raymond	News (N)		News (N)		Two/Half Men	King	Lost Innocents
	214	344	15	CITY	Law & Order: SVU		The Bachelor (N)				True Beauty (N)		News (N)
	115	343	16	CFMT	Two/Half Men	The Simpsons	News (N)		Vivere Il	News (N)	The Simpsons	King of the Hill	Metropia
	218	345	18	E!	The Insider (N)	E! News	The Soup	How I Met	Engagement	Worst Week	Snoop Father	Snoop Father	News (N)
	-	361	20	ABC	News (N)	Entertainment	The Bachelor (N)				True Beauty (N)		News (N)
	512	396	24	CPAC	La Période de questions		Heure polit.	L'Heure politique				Revue	Période-quest.
	651	355	25	CTS	Happy Days	Laverne	Michael Coren Show		100 Huntley Street		Life Today	This Is Day	John Hagee
	-	365	36	FOX	TMZ (N)	Seinfeld	House (HDTV) (N)		24 (HDTV PA) (N)		News (N)		News
	-	-	64	PBS	Business Rpt.	Steves Europe	Antiques Roadshow (N)		American Experience (N)		*Forgotten Ellis Island* (2008)		Charlie Rose
	205	312	104	CTV	Hollywood	etalk	Big Bang Th	Gary Unmarr	Two/Half Men	Corner Gas (N)	CSI: Miami (HDTV) (N)		News (N)
news	502	390	26	NW	CBC News	Newman	The Hour		CBC News: The National		Global Hunt for Mr. Swirl		National
	500	500	33	CNN	Lou Dobbs Tonight		Campbell Brown: No Bias		Larry King Live		Anderson Cooper 360 (HDTV)		
sports	406	417	27	net	Best Damn Top 100 Special		College Hockey Beanpot Tournament -- Boston College vs. Northeastern.					Sportsnet Con.	Hockey Central
	126	730	28	RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI en direct	Le National	Le Téléjournal
	400	280	30	TSN	NHL Hockey St. Louis Blues at Detroit Red Wings. (HDTV) (Live)					SportsCentre		That's Hockey!	SportsCentre
	410	403	52	SCR	RaceNight				(9:15) WWE Monday Night Raw				Score Tonight
family	411	457	56	OLN	Bounty Hunter	Bounty Hunter	Survivorman (N)		Mantracker		Bounty Hunter	Bounty Hunter	Survivorman
	417	406	59	SC	NASCAR Pre.	Pass Time (N)	SuperCars	SuperCars	My Classic Car	My Classic Car	Barrett-Jackson		NASCAR Pre.
	554	544	48	TEL	Totally Spies	Total Drama	6TEEN	6TEEN	Futurama	Punch	Robot Chicken	American Dad	Moral Orel
	557	540	51	FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
	551	542	65	YTV	Adrenaline Proj	Prank Patrol	Malcolm-Mid.	Futurama	Prank Patrol	Zixx Level	Falcon Beach "Tidal"		Mystery Hnt.
cable variety	570	580	29	MM	mmmtop	Revival	Listed		Don't Forget the Lyrics!		Don't Forget the Lyrics!		Where You At
	615	520	31	A&E	CSI: Miami "Prey"		Intervention "Janet"		Intervention "Lana" (N)		Paranormal	Paranormal	Paranormal
	628	584	32	SPKE	CSI: Crime Scene Invstgtn.		CSI: Crime Scene Invstgtn.		*Stripes* ★★ (1981, Comedy) (HDTV) Bill Murray, Harold Ramis. Premiere.				
	521	560	34	TLC	Kids by the Dozen		Little People	Little People	Jon & Kate	Jon & Kate	Jon & Kate	Jon & Kate	Little People
	145	761	35	TV5	L'Objet du scandale		Vie privée, vie publique "Sacrés parcours!"				L'Ange de Budapest		Journal TV5
	616	521	39	SHO	The Outer Limits		Kink in Hair	Kink in Hair	Pure Evil	Rent-A-Goalie	Name Is Earl	Testees	House
	620	523	40	BVO	Hot Dance	Dance With Me	When Moses Woke		Jackie Richardson		The Jackie Washington Story		Law & Order
	520	505	42	DIS	Daily Planet (N)		MythBusters		Dirty Jobs (N)		Verminators (N)		Daily Planet
	575	583	43	CMT	All About (N)	All About	Home Improve.	Home Improve.	Reba	Reba	Hope & Faith	Hope & Faith	Weddings
	601	562	45	SLC	Til Debt-Part	Rich Poor	Til Debt-Part	Til Debt-Part	Tabatha's Salon Takeover		Project Runway Canada		ET Canada
	625	548	46	COM	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	Zach Galifianakis: Live		Daily Show
	294	529	47	TBS	House-Payne	House-Payne	House-Payne	House-Payne	House-Payne	House-Payne	Welcome to	Welcome to	Family Guy
	600	564	49	H&G	House Hunters	Property Virgin	For Rent	Income Prop.	Property Virgin	House Hunters	Ambrose Price	Petal Pushers	Holmes-Homes
	627	528	50	SPC	Stargate Atlantis (DVS)		Lost "White Rabbit"		Star Trek: Voyager		Ghost Hunters		Stargate SG-1
	581	566	53	MTV	The City	City Live After	MTV News	Cribs (N)	Bromance		The City	City Live After	MTV Live
	618	524	54	TROP	TV Made, Do It	News Show	Tube Tales	E News	Make or Break	TV Made, Do It	Planet Soap	Reality	Deal-No Deal
	522	506	55	HIS	NCIS "Iceman"		Battle 360		Underground War		NCIS "Iceman"		Crime Stories
	129	773	60	CD	Biographies "Shaquille O'Neal"		Les Grands travaux (HDTV)		Science du combat		Alliance meurtrière (HDTV)		Paradis perdus
	261	394	61	V	Murder, She Wrote		Eyes Down	May-December	McLeod's Daughters (N)		God Bless	Clergy	Poltergeist
	602	567	62	W	Will & Grace	Friends	How Clean	Kim	Love It or List It		Dollars	Smart Cookies	Maxed Out
	269	350	70	APTN	Notre Peuple		Terres arct.	Mishkuenita	*Chasseurs de loups, chasseurs d'or* (1994, Aventures)				Tshinanu
	621	527	71	TLK	The Ellen DeGeneres Show (N)		TMZ (N)	etalk	First Class All the Way		The Tonight Show-Jay Leno		TMZ
	603	561	95	FN	Chef at Home	Chef at Large	Restaurant Makeover		Food Detective	Road Tasted	Hell's Kitchen		Chef School

critics'corner

Dollars & Sense with Alison Griffiths
The host of "Maxed Out" broadens her reach in this new series, in which she takes viewers' calls and answers their money management questions with the help of case studies, guest experts and common sense. While "Maxed Out" focuses on families in debt, Griffiths addresses all kinds of fiscal fitness questions here. 10 PM on 62 W

MythBusters
It's a beautiful sight to behold. And you, too, can make that happen! Just drop Mentos candy into a bottle of soda pop and watch the stickiness fly! In this episode, Jamie and Adam construct an elaborate setup that all starts with a Mentos and soda explosion. 8 PM on 42 DIS

Medium
Patricia Arquette returns for a new season as Allison Dubois, the wife and mother who uses her psychic power to help the police solve murders. In this new episode, her visions point her to the victim's former husband, but he's been dead for two years. 10 PM on 9 NBC, 6 SHRO

Loeb marries music supervisor
Grammy-nominated singer-songwriter Lisa Loeb wed Roey Hershkovitz, a music supervisor for Late Night with Conan O'Brien on Saturday night, her manager confirms to Usmagazine.com. METRO NEWS SERVICES

Celebrity Buzz

Restraining order against Spears' ex

DISPUTE Britney Spears' father has obtained new restraining orders against her former manager, her ex-boyfriend and a lawyer, according to court documents filed Friday, people.com reports.

Jamie Spears and lawyer Andrew Wallet, who oversee the singer's affairs as co-conservators, allege the three men "are now working in concert to disrupt the conservatorship with utter disregard for Ms. Spears' health and well being," the papers say.

Spears' father says her cellphone records show "numerous telephone conversations" and text messages with her ex-manager Sam Lutfi and former boyfriend, paparazzo Adnan Ghalib.

"(Britney) innocently informs (Ghalib) of her destinations and that he then arranges for paparazzi to meet and film her to his financial benefit," Jamie Spears says. "(He) is harmful to Ms. Spears and to her recovery."

Her father also alleges that on Dec. 27 and 28, 2008, Lutfi tried to contact Britney through her hairdresser with the message that Lutfi was not responsible for creating the conservatorship.

He allegedly sent a text message to the hairdresser saying, "I've done everything I can to free her from this. Very close to getting her free now."

The restraining orders forbid Lutfi, 34, and Ghalib, 36, from contacting Spears or coming within 250 yards of her, her property or family members, according to the L.A. Superior Court papers.

Jamie Spears also got a restraining order against lawyer Jon Eardley, who was involved in challenging the conservatorship proceedings.

METRO NEWS SERVICES

Did Aniston and Mayer split again?

RELATIONSHIP Either John Mayer has split from Jennifer Aniston or they have a very open relationship, intouchweekly.com reports.

The website says the musician was spotted on an intimate date with a beautiful blond woman at Marix Tex Mex Restaurant in Santa Monica last week. "They were obviously on a date," a source tells In Touch. "He came in with her another time, too, and I've seen them out together."

While the two keep their romance under wraps, the source says John couldn't hold back his feelings for her when saying goodbye. "He gave her a long kiss before they left," adds the insider. "John has been here six times in the last two weeks but never with Jen."

Mayer, 31, and Aniston, 39, split last August after dating for several months, but found it difficult to go their separate ways.

The two rekindled their romance in October and in early January, the couple was even seen vacationing together in Cabo San Lucas in Mexico.

METRO NEWS SERVICES

Voight discusses exercise regimen

HEALTH Movie star Jon Voight keeps himself in shape by running backwards, reports femalefirst.co.uk.

The actor father of Angelina Jolie hits the canyons and streets near his Los Angeles home twice a week for a stress-free jog and he thinks that reverse running helps clear his head.

He says, "As you get older, you have to do something to keep yourself fit. You have to watch what you eat and I have a little regimen I do that I don't tell anybody about.

"A couple times a week I go running and I run backwards. I run up hills."

METRO NEWS SERVICES

Many comment on Jessica's new curves

WEIGHT People.com is reporting the outpouring of support for Jessica Simpson's curves continues.

"She's a gorgeous girl," Carmen Electra told People magazine Friday night at the 6th annual Leather & Laces Super Bowl Party in Tampa about her "good friend" Simpson. "A lot of women would die to look as good as she looks."

In fact, Electra believes much of the controversy surrounding Simpson, 28, and her curvier body can be chalked up to the outfit she was wearing the day she performed in Pembroke Pines, Fla.

"There's going to be moments where people don't necessarily like your look or what you're wearing, and that's OK," she says. "Next week, she'll rock some outfit that will blow everyone away."

METRO NEWS SERVICES

McCartney still sad over Linda

RELATIONSHIP Paul McCartney still wakes up every morning feeling a "tinge of sadness" at the death of his first wife Linda, femalefirst.co.uk reports.

The Beatles legend is currently dating American socialite Nancy Shevell following a messy public divorce with second wife Heather Mills in 2008.

But McCartney still misses Linda, who died in 1998 after losing her battle with cancer.

He says, "I don't wake up every day with a hole in my heart, but there's a tinge of sadness."

METRO NEWS SERVICES

Zellweger's diary wanted in insurance lawsuit

LEGAL TMZ.com is reporting that an insurance company is trying to subpoena Renee Zellweger's diary.

The gossip website reports that back when the Bridget Jones' Diary star was filming Cinderella Man back in 2005, production was delayed after co-star Russell Crowe stopped the filming dead in its tracks because he dislocated his shoulder.

Because there was a seven-week delay, the production took longer than expected, and Zellweger had other projects she couldn't do. So the insurance company for the film reportedly negotiated a $3 million US payout to Zellweger to account for her missed opportunities.

TMZ.com reports that it now seems the insurance company has filed a suit over the whole mess and wants Zellweger to account for her time, presumably to show whether she really suffered a financial loss. No word on whether the judge will grant the request.

METRO NEWS SERVICES

Model dislikes objectifying women

BEAUTY Elle Macpherson hates being looked at, femalefirst.com.uk reports.

The supermodel-and-actress — nicknamed The Body because of her stunning figure — doesn't feel it is healthy to objectify women because of their looks.

She said: "As strange as it might sound, I feel uncomfortable when people look at me. I really don't like it. That's one of the reasons that I've almost never enjoyed catwalks.

"My view is that putting a woman on a pedestal for everyone's enjoyment is not a positive thing at all."

METRO NEWS SERVICES

You could **WIN** a Soho® Lychee Love prize pack for **VALENTINE'S DAY**

To celebrate the most romantic day of the year, SOHO® is giving away six (6) Valentine's Day prize packages.

SOHO® is a stylish liquor created with the unique and exotic taste of lychee. The sensual fruit from Asia is considered to be a symbol of romance and love because of the red, heart-shaped appearance.

Prize Pack Includes:
- $100 gift certificate to a local sushi restaurant
- Japanese Cherry Blossom Pamper pack
- Collection of three (3) romantic movies
- Soho love candle
- And more...

SOHO® Lychee Love
1½ oz. SOHO® lychee
½ oz. Malibu® rum
6 oz. mango or pineapple juice
1 dash grenadine syrup
Blend all ingredients except grenadine with ice.
Top with grenadine and garnish with a lychee fruit.

Enter online at www.metronews.ca by Monday February 9, 2009 for your chance to win.

No purchase necessary. Must be of legal drinking age to participate. See full contest rules for details. Retail value of prize $500. Please enjoy our products responsibly.

The Weather Network
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Today Variable -3°/ -15°

Tuesday Partly cloudy -9° / -14°

Wednesday Flurries 60% -12°/ -19°

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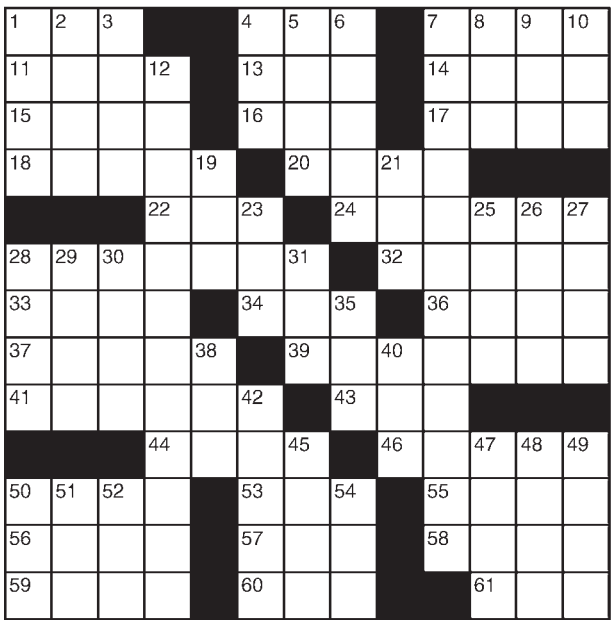
Anytime, Anywhere, Anyhow

For more delicious Metro recipes, visit: **metronews.ca/food**

Take Five



Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

5	6			9	1			4
			5			6		8
				6				
	2		7				1	
		5				8		
	7				9		5	
				3				
4		2			5			
9			1	8			3	6

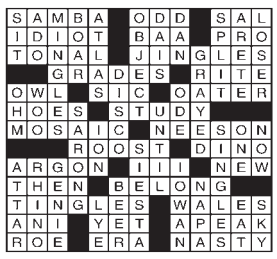
Crossword across

1 Pouch
4 Paintings
7 Jazzy phrase
11 Enthusiastic, and then some
13 Legume
14 Nastase of tennis fame
15 Frost
16 Bill
17 Ball of yarn
18 Office mail receiver
20 Milne bear
22 Tear
24 Vitamin C source
28 Delicate
32 Fracture
33 Entice
34 Tibetan critter
36 Moonstruck state
37 Reserved
39 Dangled a carrot
41 Bicycle parts
43 Combat
44 Ready for the picking
46 Miniature
50 Cohort of Ringo
53 German pronoun
55 Sandwich cookie
56 Stereo hookup
57 Letter after pi
58 Skaters' venue
59 Press clothes
60 Very long time
61 Payable

Crossword down

1 Indian wrap
2 Not "fer"
3 Barber's tool
4 Likely
5 Harvest
6 Forbidden
7 Controversial comedy legend
8 Under the weather
9 "A curse upon thee!"
10 A handful
12 Controversial comedy legend
19 Noon, in a sense
21 Sphere
23 Thickness
25 Tidy
26 Stare
27 Supplemented, with "out"
28 Dud
29 Mysterious character
30 Saharan
31 Consume
35 London's — Gardens
38 Actor Wallach
40 Page in an atlas
42 Steeple
45 Reverberate
47 Crossword diagram, e.g.
48 Options list
49 Oxen's joiner
50 — Beta Kappa
51 Atmosphere
52 E.T.'s vessel?
54 Sweetie

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



8	4	5	9	2	3	1	6	7
9	1	2	5	6	7	8	3	4
6	3	7	4	8	1	9	2	5
4	5	9	8	1	6	3	7	2
1	8	3	2	7	4	6	5	9
7	2	6	3	5	9	4	1	8
5	9	1	7	3	8	2	4	6
3	7	8	6	4	2	5	9	1
2	6	4	1	9	5	7	8	3

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SUDOKU SOLVE TIME:

Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min .....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Spicy chicken fajitas

INGREDIENTS:

2 large skinless chicken breast fillets
1 1/2 tbsp (20 mL) Cajun spice mixture
Tabasco to taste
8 soft flour tortillas
1 papaya
1/4 cup (50 mL) olive oil
Juice of 1 lime
4 cups (1 L) delicate mixed salad leaves

METHOD:

1. Cut chicken breasts lengthwise into eight long strips. Sprinkle spice mixture over plate, add chicken strips and toss to coat. Sprinkle lightly with Tabasco, then set aside 5 minutes.
2. Meanwhile, warm tortillas according to package instructions. Cut papaya in half lengthwise and scoop out seeds, then cut each half into eight slices and peel.
3. Heat 2 tbsp (25 mL) oil in large frying pan. Add coated chicken strips and stir-fry 6 minutes over medium heat. Remove from heat, sprinkle with half of lime juice and toss, scraping residue from pan.
4. Divide salad leaves among warm tortillas. Sprinkle over remaining oil and lime juice, then top with chicken strips and slices of papaya. Season to taste, then roll up loosely and serve at once, two per person.

.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
Weariness breeds dismay, so take a different approach. Vexing delays in the discharge of your duties will evaporate.

TAURUS
APRIL 21-MAY 21
An exceptional person will make the most of a scary risk. New information can make you feel as if you're out of your depth.

GEMINI
MAY 22-JUNE 21
Go to public places if you're looking for action. Flattery will work on those who seem to be immune to it.

CANCER
JUNE 22-JULY 22
Surprising news will come through outside sources. You'll get more attention by offering a lifeline to someone.

LEO
JULY 23-AUG 23
When an offer is retracted, a friendship is damaged. Don't explode when a careless outsider makes a blunder.

VIRGO
AUG 24-SEPT 22
Go with your gut reaction, if you want to settle a debate. Be very cautious when temptation arises. You'll wonder if someone has your best interests in mind.

LIBRA
SEPT 23-OCT 23
A call may alarm you, but nothing can be done right away. Getting back to normal might seem to be impossible. A doleful friend will have a bad case of the blues.

SCORPIO
OCT 24-NOV 22
Your perspective improves after a chat. You'll need a comforting friend, if you're too cranky. Somebody's absence can cause the loss of an opportunity.

SAGITTARIUS
NOV 23-DEC 21
You'll be enthusiastic when you see amazing things. Your boldness will generate a winning scheme. Your personal style brings you good luck.

CAPRICORN
DEC 22-JAN 20
Complicated relationships confuse you and cause delays. A madman is less about talk and more about action. Touching memories are stirred up by a remark.

AQUARIUS
JAN 21-FEB 18
Your determination and honesty are the best way to get ahead. Self-discipline, tact and calmness are needed. A sentimental guy benefits from a tough friendship.

PISCES
FEB 19-MARCH 20
Be consistent, if you want to improve your professional appeal. It's important to stay on top of breaking news. Restrain your temper with people who are selfish.

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WORDY GURDY®

BY TRICKY RICKY KANE

Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

1. Sign up and pay a church-singing group (1)
2. Every gap in security measures (1)
3. Gaggle of girls on a river embankment (2)
4. Say no to a cereal not for rabbits (1)
5. NYC NBA team's magical feats (1)
6. "All set?" actor Prinze, Jr.? (2)
7. Foul-smelling reasoning (2)

ANSWERS
1. HIRE CHOIR 2. EACH BREACH 3. LEVEE BEVY 4. NIX TRIX
5. KNICKS TRICKS 6. READY FREDDIE 7. STINKING THINKING

2-2-09

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